



# Tools For Action

A sample of physical education initiatives in Wisconsin

## Partner or Group Support Balances: A Study of 2, 3, 4, 5, & 6 Person Balance

### Contact Information

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### Program Information

<b>Program Name</b>
Partner or Group Support Balances: A Study of 2, 3, 4, 5, & 6 Person Balance
<b>Program Category</b>
Innovative teaching strategy (new or unique games, curricula, etc.)
<b>Grade Level</b>
Middle School (6-8); Elementary School (K-2); Elementary School (3-5)
<b>Assessment Method</b>

### Program Information

#### Products Developed or Materials Used:

See accompanying powerpoint presentation

#### Program Description:

Objective: To participate in partner or group support stunts which build muscular strength and endurance, flexibility, balance, posture, creative expression and overall coordination. Students must also use creativity, problem-solving, group communication skills, spatial awareness, teamwork and analytical thinking skills. Grade Level: 4-6 WI State Standards 4th Grade: B.4.2 Adapt a physical skill to the demands of a dynamic, unpredictable environment such as balancing with control on a variety of objects (balance board, large apparatus, skates).

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: <http://dhfs.wisconsin.gov/health/physicalactivity/>  
[Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)  
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